

Integrative Medicine

Dr. Brad Jacobs MD MPH



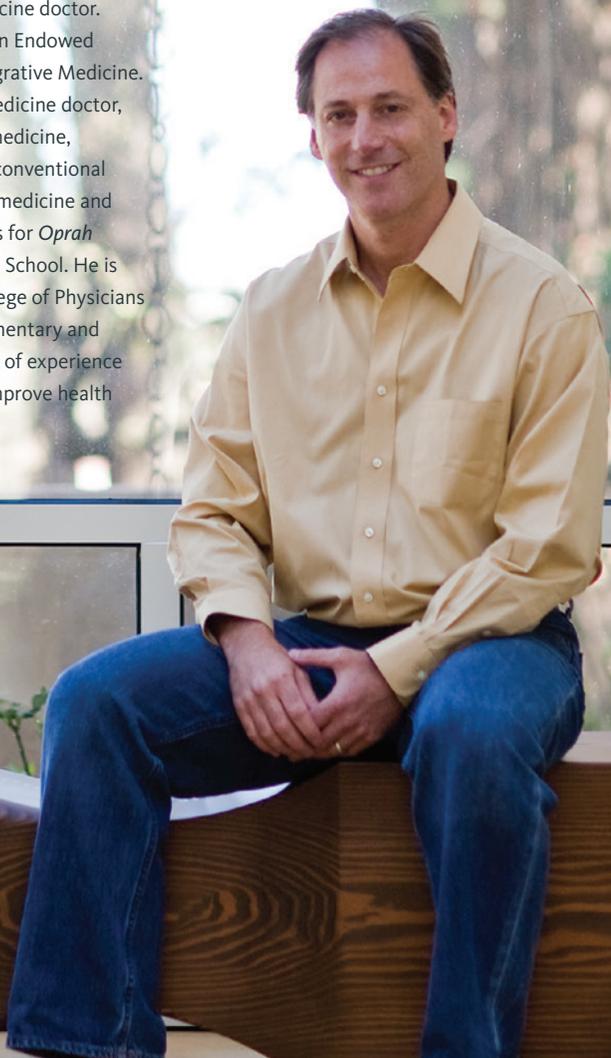
cavallopoint

the lodge at the golden gate

DR. BRAD'S INTEGRATIVE MEDICINE

Cavallo Point – the Lodge at the Golden Gate is pleased to offer an exceptional new program that focuses on well-being and optimal health. Designed and directed by Bradly Jacobs, MD, MPH, the Integrative Medicine program features comprehensive solutions tailored to individual needs by melding the best of modern medicine with established wisdom and alternative health practices.

Dr. Brad Jacobs, Cavallo Point's onsite physician, is uniquely qualified as an Integrative Medicine doctor. He was Founding Medical Director and an Endowed Chair of the UCSF Osher Center for Integrative Medicine. A Stanford University trained internal medicine doctor, Dr. Brad combines acupuncture, herbal medicine, nutrition, yoga and martial arts with his conventional training. A national leader in integrative medicine and health & wellness, he has held workshops for *Oprah* magazine, the Gap and Harvard Business School. He is also senior author of "The American College of Physicians (ACP) Evidence-Based Guide to Complementary and Alternative Medicine." Dr. Brad's breadth of experience provides clients with new pathways to improve health and find balance, vitality and joy.



FIVE PRINCIPLES OF HEALTHY LIVING

Dr. Brad's Integrative Medicine approach uses powerful tools to examine clients' life and lifestyle in order to enhance their clarity, energy and health. Dr. Brad's innovative solutions include his Five Principles of Healthy Living:



FINDING PASSION + PURPOSE



CONNECTION



STRESS REDUCTION + AWARENESS



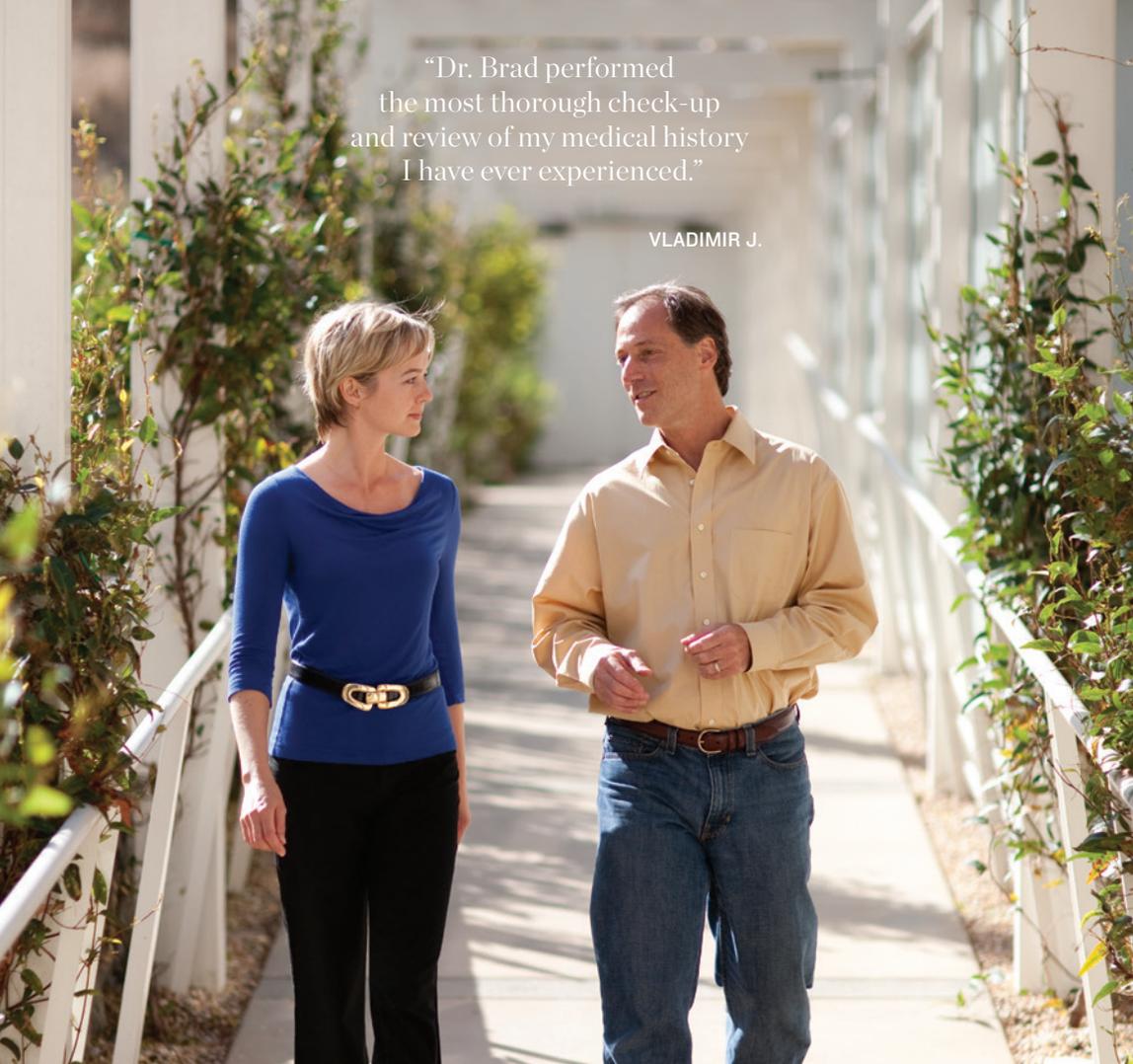
ACTIVE LIVING



HEALTHY EATING

“Working with Dr. Brad has not only freed me from migraines, it has also empowered me to be in charge of my own health.”

ELISABETTA G.



“Dr. Brad performed
the most thorough check-up
and review of my medical history
I have ever experienced.”

VLADIMIR J.

DR. BRAD'S PRESCRIPTIONS

Dr. Brad's state-of-the-art diagnostic and therapeutic plans are tailored to individual needs. Options include comprehensive health assessments, primary care, second opinions and multi-day retreats. Dr. Brad also regularly works with executives and other groups to develop onsite workshops and programs on health and wellness. Customized for clients, offerings can focus on stress management, weight reduction, sleep enhancement, emotional wellness or a specific disease. These plans may include evaluation by a multi-disciplinary team of health professionals, which has been mindfully assembled at Cavallo Point to provide clients with a single source of comprehensive, convenient care.



A SERENE & NURTURING ENVIRONMENT

The Integrative Medicine program at Cavallo Point builds on the numerous treatment options at the world-class Healing Arts Center & Spa, a peaceful place to replenish body, mind and spirit. Most visitors consider such therapy not indulgence, but necessity.

Cavallo Point offers a wealth of wellness resources. These include the spa's healing arts services – including herbs, nutrition consultations, acupuncture, massage, body work, personal training, hypnotherapy and more – as well as opportunities like yoga, hiking, nature walks and cooking classes. The range and diversity of health solutions, offered seamlessly onsite, provide an immersion experience of integrative medicine that is unique to Cavallo Point.

Dr. Brad's Integrative Medicine results are inspiring: enhanced well-being, longevity and quality of life. We invite you to learn more.

PHONE: 415-339-2692

CAVALLOPOINT.COM/DRBRAD

“Health is not only the absence of disease;
it is about vitality, well-being, finding joy and
achieving your full potential.”

DR. BRAD

BRAD JACOBS, MD – INTEGRATIVE MEDICINE
HEALING ARTS CENTER & SPA
415-339-2692
CAVALLOPOINT.COM/DRBRAD



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601 MURRAY CIRCLE FORT BAKER SAUSALITO, CA 94965 PHONE 415 339 4700 | 888 651 2003 WWW.CAVALLOPOINT.COM



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